

Let's talk about breastfeeding!

What do you know about breastfeeding? Do you know anyone who has breastfed? Or, maybe you have breastfed before? This lesson will give you some things to think about and answer some of the questions you might have.

Why breastfeed? Breastfeeding is normal feeding!



Often, formula is used to feed our babies. Did you know that there may be risks with using formula? Here are some of them:

Possible Risks to infants	Possible Risks to mothers (if they do not breastfeed)
Higher risk for sudden infant death syndrome (SIDS)	Higher risk to develop cancer of the ovaries
Higher risk for allergies Higher risk for respiratory illness (breathing problems)	Higher risk for breast cancer
More risk for sickness (ear, diarrhea, lungs)	Higher risk for osteoporosis (bone loss)
Higher risk for diabetes (if people in your family have had it)	Higher risk for anemia (your period returns sooner)
Higher risk for poor oral development (crooked teeth)	Higher risk for long-term over-weight
Risk of scoring lower on IQ tests (at school)	Higher risk for bleeding after you have your baby
May have a higher risk of childhood over-weight	Harder to return to what you weighed before you were pregnant

Breastmilk itself is pretty great!

Breastmilk:

- Is easy for your baby to digest
- Changes over time, even over the course of a day, to meet the needs of your baby
- Builds your baby's immune system which helps him/her fight allergies and sickness
- Helps your baby's brain and eyes to form properly



Want to save money? Most people do. Standard powdered formula can cost up to \$1200 per year. If your baby has problems and needs a different formula, the cost can be double or more (\$2400 per year).

For the next part of the self-lesson, follow these steps:

1. Look at the page labeled "**Chart**".
2. On this page, 20 questions about breastfeeding are listed. Pick at least 3 that are of interest to you, and think of how you would answer them. Each is numbered on the chart.
3. To find the answers and tips to the questions that you chose, look at the page labeled "**Flashcards**". Each question has a matching number (and answer) on the flashcard page.

After you have done this activity, complete the last page of the self-lesson.

We hope you learned something about breastfeeding!

Chart

1. I have to go back to work. How will I be able to breastfeed?	2. How soon after birth can I start to breastfeed my baby?	3. How can I tell if my baby is getting enough breastmilk?	4. What do I do if I have sore breasts or nipples?	5. What do I do if my baby seems hungry even after I nurse him?
6. I've heard people who have breastfed say their breasts get really full and it hurts. Will this happen to me?	7. I want to breastfeed and give my baby the bottle. Will my baby take both?	8. My friend said she breastfed her baby and she would only take one breast. What if my baby does that?	9. What is the right way to hold my baby when breastfeeding?	10. How long and how often should I feed my baby?
11. What if my baby's father wants to help feed the baby? He might feel left out.	12. What if someone sees my breasts while breastfeeding? I'd be embarrassed!	13. I heard formula will help my baby sleep through the night and I'll be up more if I nurse. Is that true?	14. What if I need help breastfeeding? Who can help me?	15. Until what age should I breastfeed my baby?
16. I've heard you can get a breast infection while breastfeeding. How can I avoid that?	17. What if my baby gets thrush (a yeast infection)?	18. How can I make sure my baby is on my breast the right way?	19. If I pump, how do I store the milk? How long is it good?	20. What if I'm out in public and I start to leak?

Flashcards

Here are two ideas:

1. Find child care close to your workplace/school and go to your baby or have the baby brought to you to nurse.
2. Nurse before/after work or school and pump while away from your baby.

1

Breastfeed as soon as possible after birth...within one hour!

Let the hospital staff know this is what you want! Have a birth plan.

Also, inform the hospital staff you want your baby to room in with you and you don't want your baby to have bottles or pacifiers.

2

Your baby should have 6-8 wet diapers each day and 4 or more loose, yellow, seedy bowel movements each day. After 2 months, your baby may stool less frequently.

You should breastfeed your baby when he/she is hungry. This may be as many as 8-12 times a day or more and as often as every 1, 2, or 3 hours.

Your baby should be gaining weight. Keep your doctor appointments so your baby's weight can be checked.

3

Sore nipples are NOT a normal part of breastfeeding!

Your baby might not have a good latch.

Your baby might be nursing on the end of your nipple and not enough of the breast is in his/her mouth.

There are other reasons why you might be sore.

Call your WIC clinic for help! Having someone assist you with nursing your baby may be helpful.

4

Your baby might need to nurse longer...he/she could be going through a growth spurt and nursing longer or more often is your baby's way of building up your milk supply.

Make sure your baby has a good latch to your breast. This helps him/her to get enough milk too.

Call your WIC clinic and ask for help.

5

Over fullness is common but not normal. It usually happens the first couple of days when your milk first comes in. Your baby needs to have a good latch. Make sure you are nursing at least 8-12 times/day. Nurse at least 10-15 minutes on each breast. If "over-fullness" happens, express some milk by hand or with a pump to soften the breast so your baby can latch well. A warm compress on the breast may also help your milk to flow.

6

Make sure your baby is a good breast feeder before offering the bottle, or the pacifier.

After breastfeeding is going well and after your baby is about 4-5 weeks old, some moms have a family member or friend offer a bottle with pumped breastmilk. After the baby takes a bottle, he/she should be able to continue to breastfeed and accept occasional bottles.

7

Although some moms can breastfeed just fine on one breast, once your baby is born start breastfeeding on both breasts. It is easier to use both breasts than one.

Get used to holding your baby on both sides.

There are many positions you can use.

8

Breastfeed “tummy to tummy” so that your baby’s whole body and tummy are toward you.

Hold and support the breast and the baby’s head to help with a good latch. Pillows and folded blankets can be helpful.

9

Newborns need to feed often. Their stomachs are small, about the size of a walnut. You should breastfeed your baby when he/she is hungry. This may be as many as 8-12 times a day or more and as often as every 1, 2, or 3 hours.

Your baby should be sucking and swallowing. Listen to hear your baby swallow.

10

The baby’s father can hold, bathe, and talk to your new baby. Dad can hold the baby skin to skin on his chest.

After about 4 weeks of breastfeeding, mom can pump breastmilk and put it in a bottle for dad to feed.

Dad can attend birthing and breastfeeding classes with mom.

Dad can give mom a massage, help with household chores, and tell mom he is proud of her.

11

Use a small blanket to cover yourself while breastfeeding. Practice at home in front of a mirror.

Nursing blouses or shirts can be bought. You can buy a pattern and make a nursing shirt too.

Ask public places if they have a quiet room for breastfeeding.

Using a bottle with pumped breastmilk is an option too.

12

Many formulas contain casein, a protein that is harder for your baby to digest. Because of this, a baby might not want to nurse as often. However, a baby might be more gassy, irritable, and prone to constipation with formula.

Using formula may increase your baby's risk of

- ear infection
- respiratory infection
- diarrhea
- allergies

13

Call your WIC peer counselor or anyone at your WIC clinic. You can also call the La Leche League. There are breastfeeding educators in the hospital that can help you too. Do you know anyone who has breastfed? Don't be afraid to contact them!

14

How long you breastfeed is a choice between you and your baby. Doctors encourage moms to breastfeed until at least 1 year of age or longer-as long as mom and baby want.

Around the world doctors say breastfeed at least 2 years. This is because breast milk provides so many benefits for your baby's health and your health too.

15

If you have pain in the breast, a fever, or flu-like symptoms, call your doctor. An infection can occur when your milk first "comes in" the first few days and your body is making more than your baby is taking.

Nurse every 1 to 3 hours and you may need to pump or hand express to prevent getting too full. Call your peer counselor or WIC clinic if you are feeling "full".

Even if you do get an infection, your baby can still breastfeed...your milk is still good!

16

Both mother and baby must be treated for thrush usually with a cream from your doctor.

Call your doctor for help.

Sometimes if either mom or baby was on antibiotics, thrush or yeast occurs. Watch for white patches in the baby's mouth or sore "hot" nipples.

17

Signs that your baby is latched (on the breast) correctly:

1. Baby's mouth opens wide to latch to the breast (the dark part behind the nipple) and not just the end of the nipple.
2. You hear your baby swallowing while he/she nurses.
3. Your baby has round, full cheeks while nursing and NO clicking sounds.
4. You do not have nipple pain.
5. Your baby should have 6-8 wet diapers each day and 4 or more loose, yellow, seedy bowel movements each day. After 2 months, your baby may stool less frequently (about two bowel movements per day).

18

You can freeze breast milk in the old style freezer units, which are inside the refrigerator, for about 2 weeks. If your freezer section is separate from the refrigerator, you can store breast milk for about 2-3 months and if you have a deep freeze, for about 6 months.

Date and rotate your milk.

19

Press heel of hand against leaking breast or cross arms over the breasts and press firmly into chest wall to stop leaking. You can wear cotton breast pads. Avoid long periods of separation...your baby needs to eat! Wear layers of clothing or a vest in case you do leak.

20

We hope you enjoyed this lesson on breastfeeding!



Please answer the following questions. When you are done, give this sheet to your WIC educator. Thank you!

1. Name three things an infant may be at risk for when fed infant formula.
 - a.
 - b.
 - c.

2. Name three things a mom may be at risk for by not breastfeeding.
 - a.
 - b.
 - c.

3. Please write something new that you learned today by doing this self-lesson.

References

1. United States Breastfeeding Committee. *Benefits of breastfeeding* [issue paper]. Raleigh, NC: United States Breastfeeding Committee; 2002.
2. Utah WIC Program, Division of Community and Family Health Services. Utah Department of Health. "Breastfeeding". Compiled by Marianne Michaels, M.S., IBCLC.